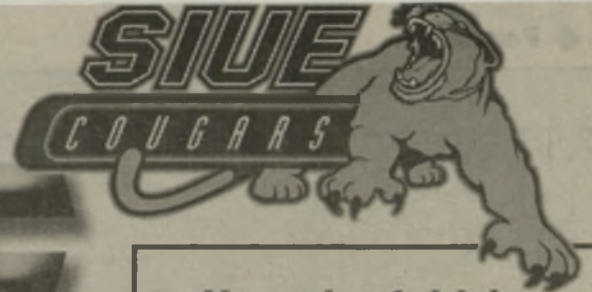


# THE ALESTLE

ALTON ■ EAST ST. LOUIS ■ EDWARDSVILLE



**Hazards of driving  
in winter weather  
See Lifestyles**

TUESDAY, FEBRUARY 1, 2005

SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE

Vol. 57, No. 35 ♦

## Students party for Mardi Gras School of Pharmacy thins out applicants



DREW WILKE /ALESTLE  
**A Parti Gras worker tosses beads from the balcony to the crowd below.**

ZACH GROVES  
SPORTS REPORTER

Instead of traveling to New Orleans for Mardi Gras, the Campus Activities Board brought the party to SIUE Friday night in the form of Parti Gras.

The third annual celebration took place in the Student Fitness Center and included a variety of



DREW WILKE /ALESTLE

**Students get their groove on Friday in the dance club on the roller hockey floor of the Student Fitness Center during Parti Gras.**

booths featuring palm readers, dream analysts, psychics and writing analysts.

In addition, students filled the casino section of the party. Tables featured blackjack, poker and Texas Hold'em. Students played for prizes using fake chips and money supplied by CAB.

CAB Special Events Chair Rachel LaRussa said she was impressed with the increase from last year's turnout.

"I thought it was great. It was much better than last year," La Russa said. "The casino area has doubled what (CAB) had last year, and we had a few more booths and a little bit more food."

About 800 people were in attendance Friday.

Free food and soda were available, including traditional

Cajun-style dishes fitting the scene, such as shrimp gumbo, jambalaya and red beans.

Students were also given an opportunity to create Mardi Gras paraphernalia by designing and painting masks.

Along with the food and activities, students were able to get a groove on in the dance club on the roller hockey floor.

La Russa said those who did not go "really missed a great time" and "could have experienced something they do not see every day."

Plans are already in motion for next year's Parti Gras celebration.

"Everything was free here, so come out next year," SIUE junior Kelsie Inskeep said.

*A total of 416 students have applied but not all will be selected to attend*

CORY FREEMAN  
NEWS STRINGER

Applicants for the School of Pharmacy are in for a wait. Out of the 416 people who applied, only 75 will be accepted.

"It's nice to have that much interest in the program," School of Pharmacy Dean Phil Medon said.

To be eligible for admission, applicants must have completed at least two years of college. The pharmaceutical program is an additional four years.

Interviews will be held for about 150 students who applied to the school, and the letters of admission will be sent in April.

The finalists will be picked based on their Pharmacy College Admission Test scores, recommendation letters and grades, Medon said. Each year 75 more students will be accepted into the program.

"We want very qualified students who will succeed in the program," Medon said.

So far, 12 of the 17 professors have been hired. The school will hire 43 teachers over the next four years.

The hiring process "is going right on track," Medon said.

More than \$5 million is going toward the School of Pharmacy, with \$3.26 million spent on a new 15,000-square-foot facility.

Located at 220 University Park Drive, the School of Pharmacy facility will be completed on schedule by August 1.

The renovations done to the offices on 200 University Park Drive, which will house some of the school's offices, are ahead of schedule. They were expected to be completed May 1 but possibly will be completed by April 1.

The school was recently granted pre-candidate status, which is the first step in a three-step process of accreditation. The pre-candidate status allows the school to admit students.

"It's an exciting time to be with the School of Pharmacy," Medon said. "Everything is falling into place very well."

Classes begin in fall for the School of Pharmacy, and already the program has the second lowest acceptance rate, according to university officials.

The School of Dental Medicine in Alton has the lowest acceptance rate.

## SIUE Gospel Choir raises money for tsunami victims

SCHALENE HOUSTON  
NEWS STRINGER

The SIUE Gospel Choir raised more than \$600 in a benefit concert Thursday for the tsunami disaster in East Asia.

Fund-raising Chair Jacob Jenkins said the choir raised \$637.35, which was more than halfway to the anticipated goal of \$1,000.

Gospel Choir member Ramone Robinson said he

enjoyed the concert and the best part was making people aware of the situation. He also added that the choir members were thinking of the disaster continuously through the concert.

"We were told to remember what we're singing for and to be conscious," Robinson said.

The choir only accepted monetary donations because of unavailable resources.

"We don't have the  
*see TSUNAMI, page 2*



DREW WILKE/ALESTLE

**Jesse Prather sings a solo accompanied by the SIUE Gospel Choir Thursday during the benefit concert for the tsunami disaster in East Asia.**



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## Student Senate discusses budget

ZACH GROVES  
SPORTS REPORTER

The Student Senate was approached with major decisions Friday, in terms of adding on to the campus and maintaining the government budget.

Through most of the meeting, the senators listened as Campus Recreation Director Michael Ostrander addressed the overcrowding at the Vadalabene Center and the Morris University Center.

Ostrander suggested the

construction of an additional student activity center and possibly more residence halls due to the enormous increase of students, activities and sports on campus. The original proposal was made in November but was tabled due to lack of a majority vote.

While the project cost is up to \$5 million and students would pay a higher annual fee of \$23 to use it, Ostrander said he is looking to "provide more space for growing programs."

Student Government

President Dell Jones said she was pleased with the presentation and agrees the university should do this.

"I think it is a good thing," Jones said. "If they are going to use our student fees and directly impact us, this would be it."

"I think it is an excellent thing. It is supposed to be promoting our health," Jones said.

Also, Student Senator Matt Thompson presented the Student Fee Review Committee see GOVERNMENT, page 3

## Prepare for winter weather

ALESTLE STAFF REPORT

The Vice Chancellor for Administration, Kenneth Neher, announced Saturday that last weekend's classes were cancelled because of inclement weather.

While classes were cancelled, the university remained open.

In the event of inclement weather, the campus community is urged to listen to KMOX, 1120 AM; WBGZ, 1570 AM; WSMI, 1540 AM; WSIE, 88.7

FM; or WGEL, 101.7 FM, before leaving for campus.

KTVI, Channel 2; KSDK, Channel 5; and KMOV, Channel 4, also provide televised information regarding possible university operations.

## Choral groups to perform "Gloria"

CHAVON CURRY  
LIFESTYLES STRINGER

The SIUE choral groups will perform at 2:30 p.m. Sunday at Christ Church Cathedral, 1210 Locust Street in St. Louis, Mo.

The SIUE choral groups include the Community Choral Society, the Concert Choir and the Treble Chorus.

Comprised of 110 students and under the direction of SIUE music professor Joel Knapp, the choral groups will perform as part of Christ Church Cathedral's Shepley Concert Series.

Knapp said he believes the Christ Church Cathedral is a great place for the vocalists to perform.

"It has the best acoustics in

this area," Knapp said.

Knapp said students and faculty can expect to hear Episcopal and contemporary works.

Included in the concert will be a performance of John Rutter's "Gloria."

Admission is free. For more information, call the SIUE Music Department at 650-3900.

## Alarms to give round of sound

ALESTLE STAFF REPORT

The university will test the civil defense and fire alarms Tuesday.

The civil defense siren will sound at 10 a.m. and the fire alarm shortly after.

The civil defense siren is a

long, wavering blast, which lasts for one to two minutes, and the fire alarm is a steady ringing sound, which will last for 30 seconds to one minute.

Evacuation is not necessary. The tests are conducted to ensure both systems are working

properly and to familiarize students and staff with the sounds. The test is required by state law.

If you do not hear the sirens, please e-mail Facilities Management with your name and the building where you were at fmserv@siue.edu.

## TSUNAMI

from page 1

resources, neither are we in touch with the right organizations to move clothing and non-perishable items at this time," Jenkins said.

The money will be sent this week, but Jenkins said donations will still be accepted.

"There is no last day because as we get the money in, we will send them checks through our SIUE account," Jenkins

said.

According to Jenkins, the money will go to Operation Blessing, a Christian-based organization. Jenkins said the choir feels the group will utilize the money wisely.

He said the choir plans to have other events to help the people of East Asia but did not disclose the specific information.

According to Jenkins, who is also a member of Phi Beta Sigma Inc., a lot of his service ideas generate from the fraternity's motto: "Culture for service, service for humanity."

For more information about making donations or other information, call the Kimmel Leadership Center at 650-2686.

[www.thealestle.com](http://www.thealestle.com)



## GOVERNMENT

from page 2

Preliminary Report for the fiscal year 2007. It consisted of recommendations and approvals for increases in student fees in numerous areas, including recreation, textbook services and housing fees.

The fees were suggested by Thompson and Vice Chancellor for Student Affairs Narbeth Emmanuel in an effort to keep up with inflation costs and the number of students who will be attending SIUE that year. The official vote for these requests will be during the next Senate meeting Friday, Feb. 11.

Jones said she was amazed by the progress of this project, praising Thompson and the other committee members for a job well done.

"Before, we had problems with senators actually going out

and speaking to the people regarding fees," Jones said. "They went out and spoke to the heads of the departments and got recommendations. They understood and asked questions. They just wouldn't come back and say 'yeah, approve all the fees.'

"So, I want to give (Thompson) ultimate kudos," Jones said.

Also, there were new additions to the Student Government, with Mary Hall appointed to the Finance Board and Carl Mitchell to the Senate.

Mitchell said he hopes to "increase student interest" as part of the Senate.

The Student Government meets again at 2 p.m. Friday, Feb. 11, in the Goshen Lounge of the Morris University Center.

## Campus Scanner

**Livewire:** Join Campus Activities Board from 2 to 3 p.m. Tuesday in the Morris University Center's Goshen Lounge for a performance by local band Cat Jump. For more information, contact Concerts Chair Michelle Charbonnier at mcharbo@siue.edu or graduate adviser Melissa Preusser at mpreuss@siue.edu.

**Cougar Craze:** Join CAB from 11:30 a.m. to 1 p.m. Wednesday in the Morris University Center's Goshen Lounge for free mechanical bull rides. For more information, contact Entertainment Chair Joe Gibbons at jgibbon@siue.edu or graduate adviser Jennifer Barbour at jbarbou@siue.edu.

**Blacks, Television and History:** Join CAB from 11:30 a.m. to 1:30 p.m. Thursday in the Morris University Center's

Goshen Lounge for a panel on the racial desegregation of television broadcasting in the St. Louis area. Panelists will include Diane Smith, the first black newscaster in St. Louis; Bernie Hayes, former host of "Soul Brotherhood" and "Black Circle Hour;" and Donn Johnson, former reporter and anchor for KTVI. For more information, contact Kimmel Leadership Center at 650-2686.

**Christian Worship:** An ecumenical Christian worship service will be from 12:10 to 12:30 p.m. Thursdays in the Religious Center. For more information, contact the Rev. Paul Burden at 650-3206.

**Lecture:** Join speaker Steve Birdine from 7 to 8:30 p.m. Thursday in the Morris University Center's Meridian Ballroom as he presents his

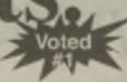
lecture, "I Never Thought About It That Way: Linking Black History and Taking Responsibility for Your Own Success." For more information, contact Kimmel Leadership Center at 650-2686.

**Tobacco Counseling:** The American Lung Association of Illinois is providing the Illinois Tobacco Quitline. Registered nurses, respiratory therapists and addiction counselors staff the toll-free line. Counseling is free to residents of Illinois. Those interested should call (866) QUIT-YES. Hot line hours are from 7 a.m. to 6 p.m. Monday through Friday.

**Alcoholics Anonymous:** The Gut Level Group meets at 7 p.m. Saturday in the Religious Center. This is an open meeting of Alcoholics Anonymous and Al-Anon.

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We reserve the right to edit letters for grammar and content. However, great care will be taken to ensure that the message of the letter is not lost or altered.

Letters to the editor will not be printed anonymously except under extreme circumstances.

The Alestle is a member of the Illinois College Press Association, the Associated Collegiate Press and U-WIRE.

The name Alestle is an acronym derived from the names of the three campus locations of SIUE: Alton, East St. Louis and Edwardsville.

The Alestle is published on Tuesdays and Thursdays during fall and spring semesters, and on Wednesdays during summer semesters. For more information, call 650-3528.

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The Alestle  
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# Opinions & Editorial viewpoints & commentary

◆ PAGE 4

A l e s t l e

TUESDAY, FEBRUARY 1, 2005 ◆



## Editor has dependency on computer

used to know how to take a map and figure out the best way to get from point A to point B. However, since we have had the use of computers, everything seems to have grown into an overwhelming mass of technology that is present everywhere you go, and it keeps us from really having to use our brains.

Now we don't do research in a library, thumbing through books and files and tables and charts for hours. If we need a question answered, the best way to do it is to Google it. All we need is a decent search engine, like [www.google.com](http://www.google.com), and we can find anything. Forget wasted hours looking through books. Heck, if you're lucky, you can just read the book online so you don't have to worry about buying it or checking it out of the library.

Computers have made our lives easier, especially with the invention of the Internet, something I personally love. However, that doesn't mean our dependency on either is always a good thing.

What about going to the doctor or having your records taken care of or kept track of? All of it is done by computers. And what if those computers crash? Are medical records kept somewhere safe? Do they know what prescriptions are needed?

What if all the computers crash? Do we have the capacity to go on with our lives without the help of computers?

I know from firsthand experience that working in retail is much harder without the use of a computer. Everything is a mess and takes 10 times longer to get solved. Credit cards and checks have to be phoned in by hand, and nowadays many people don't know how to do basic math. I haven't gotten that bad, but don't ask me how much 33 percent of an item is unless you're handing me a calculator.

And what other areas of our lives would be affected? Obviously, if we didn't have the computer, we wouldn't have online news, but we probably wouldn't have the newspaper

either, at least not here. There is a way to put it together without computers, but I know no one at the Alestle has any idea how to do it, aside from our adviser, and I'm fairly certain we don't have the equipment to do it anymore.

There are also papers, schedules, paychecks and other trivial issues that are run by computers that we don't even give a second thought to. What if all of the street lights stopped working? What if the banks didn't know how much money you had in your account? So much is dependant on computers that I'm just not certain we can get along without them anymore.

Hopefully we will never have to find out if we can or not. Perhaps we should all stop to think about how dependant our lives really are on computers, and then be sure to make hard copies of everything we need, just in case.

Tyler Bennett  
Editor in Chief

## The time has come to stop insulting the French

BATON ROUGE, La. (U-WIRE) In recent years, insulting the French has become a national pastime. In describing an easy victory, one might relate it to the ease with which Germany took France. In describing futility, one might refer to the Maginot line.

When I was a younger lad and refused to bathe, my parents would tell me to stop acting French. As much as I am opposed to "No Name-Calling Week," enough is enough.

The post-Sept. 11 environment seems to have led to

greater division between France and the United States and turned a once amicable friendship into a global shouting match that deafens the cries for international peace and freedom we so badly desire. France, like so many other countries, is upset that the United

States invaded Iraq, and Americans are steamed that France has the audacity to be cynical about our military might and distrustful of our moral right. Counting the number of e-mails I have received enumerating all the French companies I should boycott is an exercise in futility. By the way, did you hear about the French military's new weapon, a quick-release white flag?

Dominique de Villepin, a former French foreign minister, said, "France regrets a decision which nothing justifies today and which could have heavy consequences for the region and the world."

This was not the end of an era of U.S.-French relations, merely a situation with the war in Iraq, in which France wanted to be omitted.

We are so jaded because of this Iraqi war; we do not look at the efforts of the French in international affairs. There is, of course, no French military presence in Iraq, and yet that is not to say they have not been an ally in other ways. For example, the French government has on trial six Islamic extremists who plotted to bomb the U.S. Embassy in Paris. They have another four in custody who are

see FRENCH, page 5

### Political Cartoon





## FRENCH

from page 4

suspected of aiding extremists in Iraq.

France has been the only country, besides the United States, to fly bombing missions supporting American troops in Afghanistan. Thousands of French soldiers were sent to fight alongside our troops in what many claim to be President George W. Bush's only justified war in response to terrorism. Time and again, France has been our partner in combating drug trafficking, terrorism and the like, but thanks to the stereotype of the arrogant, effeminate French, we will never fully appreciate it.

A new fad in vilifying France is alleging wrongdoing in the United Nation's Oil for Food program, which was passed in 1995 and terminated in 2003. Many criticize the immense number of contracts that were held by French companies at the time, and yet studies have shown

that contracts with American and British companies using foreign subsidiary companies and branches in foreign countries totaled at least \$700 million. Likely, many of these used their French branches, which would explain the sheer volume of them.

As for the oil, the United States and Canada received 44.5 percent from Iraq while all of Europe, of which France is only a part, received 41.6 percent. Any misappropriation or misconduct will be found on the part of the United Nations in general, not France.

For all the talk that France should be grateful to us that they are not speaking German, perhaps we should be grateful to them that we do not eat cucumber sandwiches and drink tea every afternoon with bad teeth.

Before dying in 1810, J. Hector St. John de Crevecoeur, a

French writer who lived for some time in New York, asked, "What then is this American, this new man?"

We are no longer the gentle farmers or trailblazing frontiersmen we learn of in American history. Of course, Crevecoeur's subjects were those who wanted to pave their own way, make their own destiny, not the destiny of others. We certainly have not had as much time to form national identities like our counterparts in Europe, but it is time we become conscious that the rest of the world has its eyes on us.

The bloated, loud and stupid American needs manners, and he can start by accepting differences of opinion on policy and culture with an old friend.

Lake Hearne

The Reveille

Louisiana State University

## Political Cartoon



## Quote of the Day

*"The point of quotations is that one can use another's words to be insulting."*

~ Amanda Cross

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## Attention Graduating Students

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There are several other benefits associated with Student Loan Consolidation and these include:

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- Fixing the interest rate on your loans to take advantage of the historically low interest rates that are currently available for the life of your loans. Your existing loans are variable and could rise over time as interest rates rise. Consolidation can ensure that this doesn't happen.
- Dealing with only one monthly loan repayment from one lender can make your life easier.
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There are no fees or credit checks, nor is there any penalty for early repayment of your consolidation loan. Note however, that you can only consolidate once and consolidation can affect certain deferment and cancellation benefits associated with loans.

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# Lifestyles

## PEOPLE, ENTERTAINMENT, & Arts

# Hit the road the right way

*Winter driving can be more dangerous than people realize. Learn how to prepare for the worst and stay safe in the cold.*

EMILY TAUL  
LIFESTYLES STRINGER

**W**ith winter well on its way, necessary driving precautions might be obvious, but the Madison County Health Department has recently reminded the public that winter is not yet over.

Jill Heuchert, health educator with the Madison County Health Department, said, "Unfortunately, people do not take enough caution, maybe because they have a four-wheel drive vehicle or an SUV, and they ignore their lack of safe driving."

Operating a vehicle, even in the best conditions, takes constant attention and skill. "The onset of winter can produce a challenge to even the most experienced driver when rain, snow, sleet and/or ice cover the roadway," Heuchert said.

"Drivers have the tendency to drive in winter weather as if it's any other time, but all winter drivers should expect the unexpected," Heuchert said.

The Health Department recommends a survival kit for all drivers that includes an ice scraper, snowbrush, rags, jumper cables, basic tool kit, antifreeze, no-freeze windshield washer fluid, shovel, traction mats, tire chains, salt, blankets, waterproof boots, coats, gloves, non-perishable food, candles, waterproof matches, flashlight, batteries, first aid kit, flares, a cell-phone and a full tank of gas.

"Everyone should prepare a good winter survival kit. Even a short trip can turn into a long one," Heuchert said.

"If bad weather causes a driver to get stuck or trapped alongside the road, they should have all things handy, such as a cell phone and their survival kit. Then, in order to keep warm, run the vehicle only 10 minutes each hour to conserve gas, and when night falls, keep the dome light on for safety," Heuchert added.

It may seem that when winter storms hit, there is no good time to go out driving, but according to Heuchert, conditions vary depending on the time of day and the popularity of the road.

"Daylight gives the best visibility conditions, but even then roads could be awful," Heuchert

said.

Vehicles have individual characteristics that could make them better or worse for winter driving.

"It honestly varies per vehicle on how they will perform on bad roads. For instance, four-wheel drive vehicles are great in the snow, but the worst for driving on the ice," Heuchert said. "It's best to have a heavier vehicle and for the driver to know their cars individually before they hit the ice and snow."

Some roads are easier to drive on in winter conditions. For instance, Heuchert recommended taking the interstate when possible, planning trips and calling ahead to check on roads.

Skidding and fishtailing are two of the most common incidents caused by ice, sleet and snow.

"It is best to brake gently, steer into the direction of the skid and do not slam on the brakes," Heuchert said. "If drivers let the car slow down ... less damage could possibly be done."

There are certain precautions that the Health Department recommends. Those are buckling seat belts, staying within the limits of your vision, being prepared to react physically and mentally, knowing your vehicle's braking system and how to maneuver it, allowing plenty of room for snowplows, not passing a snowplow in a cloud of snow, approaching snow clouds with care, watching the road surface with extreme caution and driving with speed limits that fit road conditions.

"My best advice is to make sure the vehicle is ready to go, road conditions have been checked, the driver is in good mental state, all windows are clear, and speed is decreased while following distance is increased," Heuchert added.

Before driving on icy roads, know the importance of the errand.

"It is best to stay put, and if the trip out is necessary, keep it short, and avoid lingering on the bad roads," Heuchert said.

For road conditions, call 346-3100 for Illinois' conditions and (314) 340-4100 for Missouri's conditions.

For more information and advice on winter driving, contact the Madison County Health Department, Health promotions at 692-8954.

## Tips for surviving a winter breakdown

**1.** Stay in the car. Do not leave the car to search for assistance, unless help is visible within 100 yards. You may become disoriented and lost in blowing and drifting snow.

**2.** Display a trouble sign. Hang a brightly colored cloth on the radio antenna and raise the hood.

**3.** Occasionally run the engine to keep warm. Turn on the car's engine for about 10 minutes each hour. Run the heater when the car is running.

**4.** Turn on the car's dome light when the car is running.

**5.** Beware of carbon monoxide poisoning. Keep the exhaust pipe clear of snow and open a downwind window slightly for ventilation.

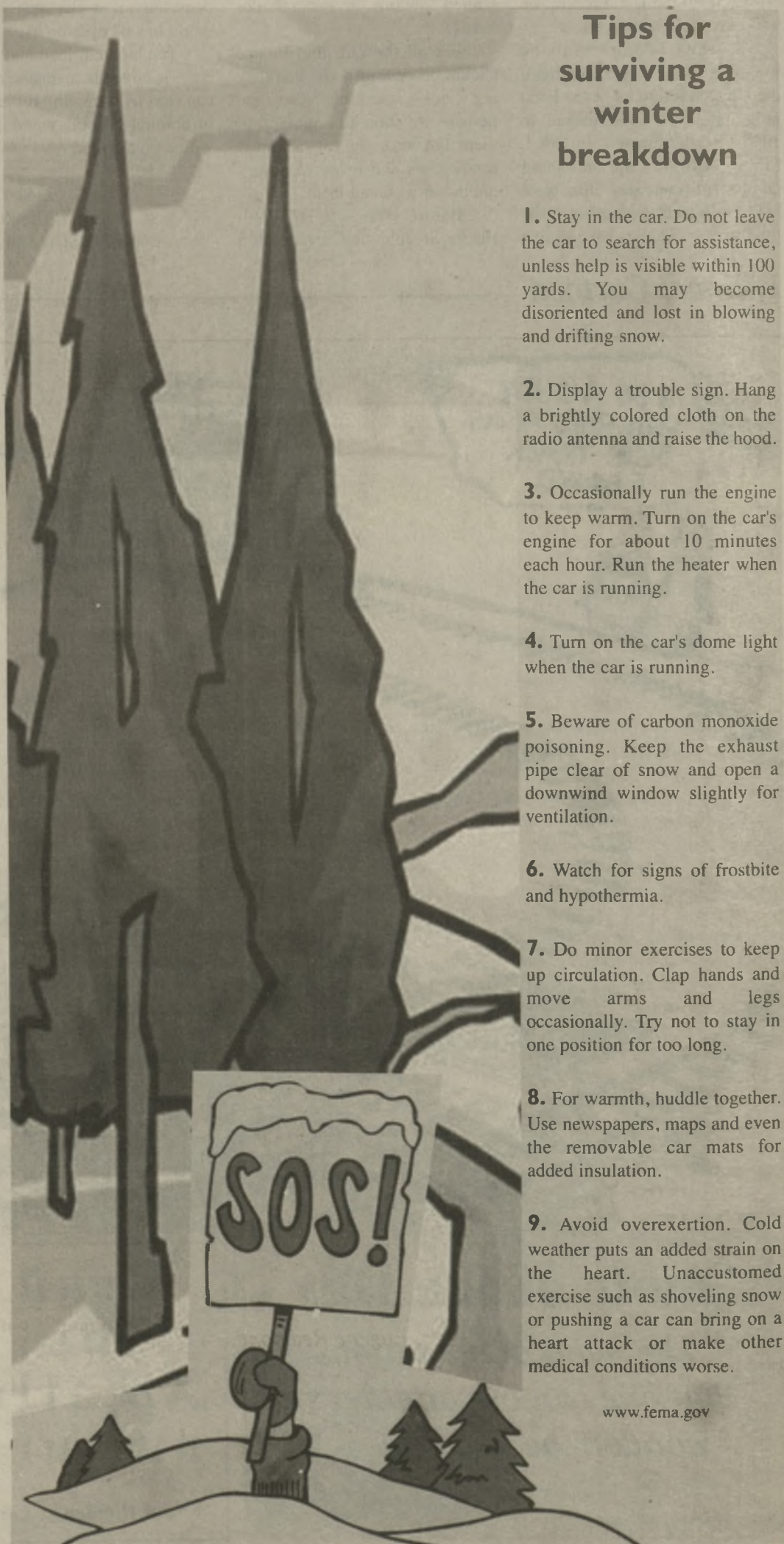
**6.** Watch for signs of frostbite and hypothermia.

**7.** Do minor exercises to keep up circulation. Clap hands and move arms and legs occasionally. Try not to stay in one position for too long.

**8.** For warmth, huddle together. Use newspapers, maps and even the removable car mats for added insulation.

**9.** Avoid overexertion. Cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse.

www.fema.gov





## Blind Boys return to mainstage for second sold-out performance



PHOTO COURTESY OF WWW.SIUE.EDU/ARTS\_ISSUES

The Blind Boys are scheduled to perform at 8 p.m. Friday in Katherine Dunham Hall theater in an encore performance to last year's sold-out show.

EMILY TAUL  
LIFESTYLES STRINGER

After a crowd-pleasing performance last year, the Blind Boys of Alabama are back for another sold-out performance at 8 p.m. Friday in the Dunham Hall Theater.

"We were so lucky because after their sold-out performance last season, we immediately contacted their agent and set up an encore concert," SIUE Arts & Issues Coordinator John Peecher said.

The group began in the

1930s, originating from the Alabama School of the Blind. Since then, they have won three Grammys, including one for last year's Christmas album, "Go Tell It on the Mountain."

"There are five original members of the group, but most of the time there are only three or four originals performing, along with backups and their band," Peecher said.

During the two-hour concert, the Gospel-based group will announce their play list from the stage.

"Most do not think a group

with gospel appeal would become so universal and successful, including having appeared on Broadway and singing for Disney animation," Peecher said.

"The concert will be like nothing anyone has seen before, part old-fashioned, part gospel, part contemporary," Peecher added. "And because February is Black History Month, it's appropriate to bring this famous group for another appearance."

For more information, visit the Arts & Issues Web site at [www.siue.edu/ART\\_ISSUES](http://www.siue.edu/ART_ISSUES).

## Gospel choir helps kick off Black Heritage month opening ceremony

CHAVON CURRY  
LIFESTYLES STRINGER

Join the 2005 Black Heritage Month Planning Committee at 11 a.m. Tuesday to kick off a monthlong celebration.

The event, sponsored by Campus Activities Board, serves as the opening ceremony for Black Heritage Month.

Brandi Melton, CAB member and chair of the 2005 Black Heritage Month Planning Committee, said the event is important to SIUE students.

"This event is meant to

bring awareness to students that we are having black heritage ceremonies," Melton said. "There will be at least three events each

and Sing." Gospel Choir President Preston Williams said he honors black history every day of the year rather than only February.

"I celebrate being African-American on a daily basis by participating in the culture, reading the literature and by keeping up with events relevant to black culture," Williams said.

He also explained why Black Heritage Month is so important.

"Black Heritage Month is a time to be renewed and refreshed on the richness of black culture," Williams said.

see GOSPEL, page 8

## ~ Health Wise ~

Protect your heart and change your bad habits now

SARA WEST  
LIFESTYLES STRINGER

Valentine's Day may seem to have come a bit early this year since Friday is National Wear Red Day in support of women's heart health.

Although the national day is to support women, both men and women should be concerned with heart disease.

The National Institutes of Health estimated that more than 12 million people suffer from coronary heart disease, and even more than that if all types of heart disease are included in those statistics. NIH also reported that not only is heart disease the number one killer of both men and women, but also the number one killer in cigarette smokers.

The American Heart Association described heart disease on its Web site as, "a variety of disorders and conditions that can affect the heart."

The types of heart disease include coronary heart disease, congenital heart disease, valve disease, cardiomyopathy, viral myocarditis, inadequate pumping and heart rhythm disorders. Coronary heart disease, however, is reported on the site as the most common and as being called coronary artery disease as well.

The site indicated that cholesterol and other fat-like materials build up in the lining of the blood vessels, which forms plaque. Plaque is reported to not only constrict the vessels but also to harden them, which is termed atherosclerosis, and over time the buildup will decrease or block blood flow to the heart considerably.

The AHA stressed, "Although we typically think of atherosclerosis as a disease of old age, the process begins as early as childhood, making prevention of coronary heart disease a priority for everyone."

The NIH agreed with the AHA and reported that diets high in cholesterol during childhood can contribute to coronary heart disease in adulthood. The NIH further reported that millions of children already have elevated cholesterol levels.



John Postley, an internist on the faculty of Columbia University Medical Center, reported studies that indicate arteries of obese nine-year-olds are much stiffer than those of their peers. He added that proper diet and exercise may reverse the damage.

Postley also said that by our mid-30s, the stiffening of the arteries advances to hardening because of plaque buildup. The plaque, if fatty rather than calcified, may then lead to clotting or cracking of the arteries, which may result in a heart attack within hours.

The AHA listed risk factors contributing to coronary heart disease.

Those factors that cannot be controlled are age, race, gender and heredity. For example, African-Americans are reported to develop coronary heart disease more frequently than Caucasian Americans and middle-aged men are reported to develop the disease more often than middle-aged women.

Factors that can be controlled are high cholesterol levels, high blood pressure, smoking, stress, being overweight and lack of exercise. The AHA added that nicotine in cigarettes narrows the arteries and speeds up the heart, which reduces blood flow significantly. Diabetic individuals have also been reported as being at a higher risk for the disease.

The AHA recommended that all individuals make healthy lifestyle changes to reduce the risk for heart disease, such as managing blood pressure, smoking, cholesterol in diets, exercising and stress.

For more information on heart disease or to schedule an appointment for a cholesterol screening, contact SIUE Health Service at 650-2842.





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## GOSPEL

from page 7

Along with selections by the Gospel Choir, the ceremony will include a performance by the Fundisha Dance Troupe to display the art of African dance.

The opening ceremony will also feature East St. Louis Poet Laureate and SIUE English professor Eugene Redmond who will present original poems. Redmond explained what spectators could

take away from the program.

"Spectators can expect a mosaic of black cultural expressivities," Redmond said.

For more information contact the Kimmel Leadership Center at 650-2686.

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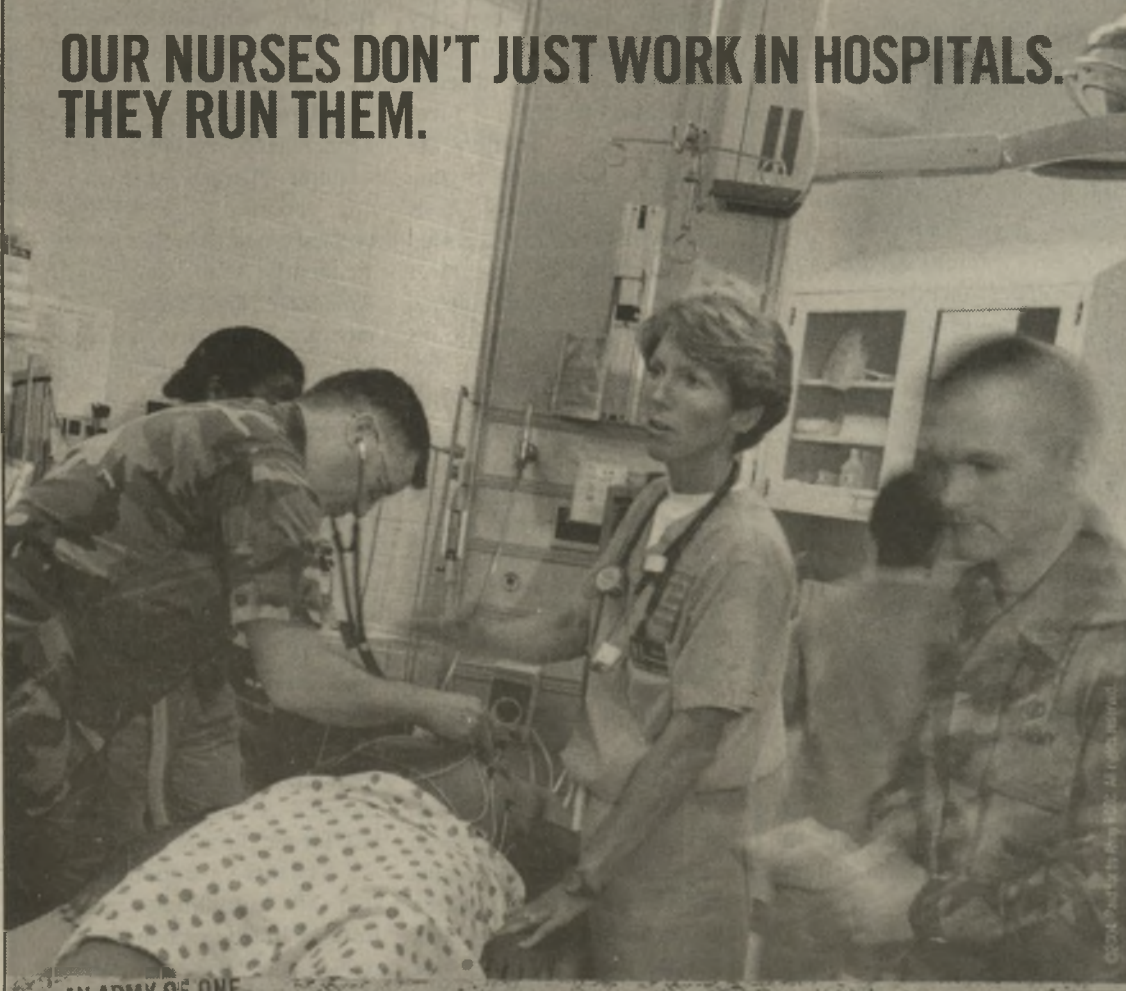
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## Sports Quote of the Day

"I never thought I'd lead the NBA in rebounding, but I got a lot of help from my teammates - they did a lot of missing."

~Moses Malone

## Coming up

Intramural roller hockey begins competition on Thursday at 5:30 p.m. at the Vadalabene Center.



◆Tuesday, February 1, 2005

AleStle

Page 9 ◆

# Greyhounds stun Cougars

Men's basketball suffers first home loss of season at hands of preseason All-American



Freshman guard J.B. Jones drives around a Northern Kentucky player during the Cougars' victory over the Norse Thursday.

ZACH GROVES  
SPORTS REPORTER

It was a tale of two very different games when the men's basketball team took in some conference action at home this weekend.

Before the Cougars fell to the Indianapolis University Greyhounds 87-77 Saturday, SIUE temporarily maintained its seventh ranking nationally after holding off the University of Northern Kentucky Norse 69-66 Thursday.

The Cougars are currently 10-2 in the Great Lakes Valley Conference and 17-4 overall.

Early in the first half, the Cougars fell far behind to the Greyhounds, as SIUE's defense could not keep up with preseason All-American David Logan's 16 first-half points. SIUE entered halftime down 36-24.

Several jumpers made by senior forward Calvin Sykes in the early minutes of the second half briefly kept the Cougars close. However, poor 3-point shooting by the Cougars kept the Greyhounds ahead by as many as 16 points with less than six minutes to go.

A 19-5 run in the waning minutes pushed the Cougars to within four, but Indianapolis made free throws down the stretch and SIUE wasn't able to finish the improbable comeback.

"We just dug ourselves too big a hole," head coach Marty Simmons said. "We were just not

ready to play."

Logan scored 37 points against the Cougar defense, including four 3-pointers. He shot 52 percent from the field.

"Logan is as good as any offensive player in the country," Simmons said. "He's tough."

Sykes was one of the only bright spots for the Cougars, scoring 19 points.

Freshman guard J.B. Jones finished the day with 18 points and three steals. Senior center Dan Heimos added 10 points and nine rebounds.

It was the Cougars' first home loss of the season.

During Thursday's game, Northern Kentucky posed a similar shooting threat in Mike Kelsey, but he didn't have nearly the success that Logan had. Kelsey scored 15 points.

"Kelsey is a hard guy to guard," Simmons said. "I thought (senior forward Tim) Bauersachs and (J.B.) Jones did an outstanding job (guarding him)."

Down by four after the opening minutes, the Cougars battled back to take the lead and entered the locker room up 37-30.

The fight continued in the second half with SIUE hanging onto the lead. The Cougars were led by Bauersachs' 13 points in the period and the piling of 42 rebounds by the team. Coming down to the final seconds, Norse guard Steve Purdon launched a 3-pointer to cut the lead down to two. A quick  
*see MENS, page 10*

## Women's basketball drops weekend games

ZACH GROVES  
SPORTS REPORTER

The SIUE women's basketball team mirrored the poor weather outside as it dropped games to the University of Indianapolis 80-69 and Northern Kentucky University 71-61.

The losses brought the Cougars record to 5-7 in the Great Lakes Valley Conference and 10-11 overall.

Saturday's game proved to be a rough one for the Cougars, following an explosive start by the Indianapolis Greyhounds in the first half.

Nearly 16 minutes into the game, Indianapolis soared over SIUE by 24 points, but the Cougars mounted a comeback late in the first half. Led by sophomore guard Jamie Kennedy's eight points and freshman guard Tiffany Sproat's 10 points, the Cougars pushed to within 10 points at halftime.

The Cougar's run continued into the second half when they trailed by seven, but they did not

keep up with Indianapolis.

The Cougars failed to capitalize on possessions most of the half, leaving the court on a sour note.

Hedberg and the Cougars took note of the Greyhounds' powerful offense and went with a man-to-man coverage, but came up empty.

"We just spotted them too many too early," Hedberg said. "We just did not play well at all. It was about the worst I have seen us play all year."

Sproat finished with a career high of 19 points, and sophomore forward Julianne McMillen pounded her way to 12 points and grabbed eight rebounds coming off the bench. Kennedy scored 10 off the bench as well.

"(Kennedy) gave us a great spark off the bench, and that goes for all the players with a lot of energy who want to go out there and get (the team) fired up and do something to get us back in the game," Hedberg said.

After a sparkling weekend the week before, freshman guard

Whitney Sykes struggled from 3-point land and scored 12 points in the Cougars' loss to the University of Northern Kentucky Norse Thursday.

"(Sykes) played all 40 minutes, so we probably should have pulled her and given her a rest to regroup," Hedberg said. "Tough thing with Whitney is she is not going to stop shooting. She is going to keep finding someone to get her the ball."

Meanwhile, NKU used the 3-pointer as its strength by hitting seven of 15 from beyond the arc.

The Norse's leading scorer, Connie Myers, chipped in 10 points in the first half to keep Northern Kentucky up 30-25 at halftime.

NKU continued to keep SIUE away with a 16-6 run early in the second half and never looked back.

"(Northern Kentucky) just had a very physical game, and we did not step up to the plate," Hedberg said.

*see WOMENS, page 10*



Junior guard Amber Wisdom makes a move against a Northern Kentucky player during the Cougars' loss Thursday.



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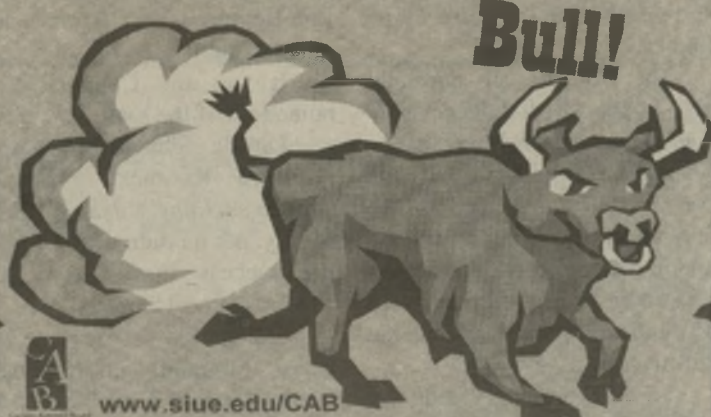
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## Men's tennis looks to break serve in 2005

RYAN PEEBLES  
SPORTS STRINGER

Men's tennis is set to serve up a winning season in 2005.

The SIUE men's tennis team started its season on Jan. 28 against the Division I Saint Louis University Billikins. The Cougars are coming off a 9-10 record in 2004.

The Cougars dropped seven of nine matches against SLU, with sophomore Andrew Reznack claiming the only

singles victory and the team of Reznack and senior Andy Renner winning at doubles.

Since August, the team has been practicing, getting in shape and preparing for the season.

Head coach Bill Logan said he has a team full of experience and is excited about this year.

The Cougars return all but one player from last season and have added two new faces. Seniors Chris Rigdon and Renner, juniors Matt Kuban, Daniel Lipe and Matt Warner and

sophomore Justin Free are all returning, while Reznack and freshman Dan Glon will be making their debut for the Cougars.

Logan's excitement has rubbed off on the players as well.

"We're very motivated for the season," Warner said.

Warner, who made All-Conference last year, added that he believes with the help of Reznack and Glon they have a chance at a Great Lakes Valley Conference championship.

### MENS

from page 9

foul to freshman guard Anthony Jones helped close the win with his lone free throw.

While Simmons was happy about the win, he expected NKU to make the game a really close one.

"It was just a typical Great Lakes Valley Conference game," Simmons said. "It was a tough tipoff to the finish."

"I think Northern Kentucky is a really good team and will win

a lot of games before the end of the season," he added.

Heimos recorded his third double-double of the season with 16 points and 12 rebounds, and Bauersachs finished with one as well upon scoring 13 points and taking down 13 boards. J.B. Jones also scored 16 points.

Overall, it appeared to be the roughest home stretch the Cougars had all season. Simmons

hopes to move past the Indianapolis loss and concentrate on the four-game road trip starting at the University of Wisconsin-Parkside.

"Now we have to regroup and find a way to get better and we have got to finish this season the way we want to finish it," Simmons said.

The Cougars take on the Parkside Rangers at 7:30 p.m. Thursday at Kenosha, Wis.

### WOMENS

from page 9

Junior forward Alisa Carrillo tallied 18 points and eight rebounds for the Cougars, and Sykes finished the night with 12 points and five assists.

Hedberg said she sees a tough road trip ahead for the Cougars, especially with the end of the season just on the horizon.

"We're just trying to get our

game together for the conference tournament," Hedberg said.

SIUE tips off against the University of Wisconsin-Parkside at 5:30 p.m. Thursday in Kenosha, Wis.

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# Classified & Personals

alestle

◆ PAGE 12

TUESDAY, FEBRUARY 1, 2005 ◆

## HELP WANTED

**Note takers needed MWF** 10a.m.-11a.m., 12p.m.-1:30p.m., 3p.m.-4:30p.m., Thursday 7:30p.m.-9:30 p.m. Phone 407-5919. 2/03/05

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**SIUE Bassmasters Club-Informational** meeting to be held on Wednesday, February 2, 2005 at 7:00 p.m. in the Vadalabene Center, Room 2001. Students, Faculty, and Staff interested in fishing are encouraged to attend. For more information, please contact Todd Peter at tpeter@siue.edu. 2/01/2005

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## PERSONALS

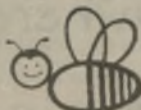
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